



Five of the six walkers at the library who will be doing the Walk for Hunger. From left to right: Karen Hahn, Carol Segar, Kirstin Boothman, Judy Kusmin and Ellen Snoeyenbos. The missing walker is Lisa Hart.

## Losing weight, walking for hunger

DFL staff to walk in support of hunger projects

Now that it's officially spring and the snow has started melting, staff members at the Duxbury Free Library are gearing up and power walking for a worthy cause.

Six DFL staff members are currently training for Project Bread's Walk for Hunger on May 5 in Boston. With a goal of \$1,000, the six women have created a Facebook page and Walk for Hunger page and are spreading the word any way they can.

In October, five women from the DFL got together and decided to start walking on Monday mornings, when the library isn't open. Each Monday morning, the group meets at 8:30 and walks five miles along the Plymouth waterfront, usually finishing up their workout at about 10 a.m. The group has only missed one Monday since October when they were snowed in by the February blizzard.

Carol Segar, a library associate and an avid walker, said the women walk not only because it is fun but also because they have a lot of support.

"Several of us have lost a lot of weight, whether it's by doing Weight Watchers or rowing or just walking," she said. "We have an extensive supply of health resources here at the library and I definitely think that makes a huge difference."

The Walk for Hunger was started in 1969 by Pat-

rick Hughes and a group of activists from the Paulist Center. Approximately 2,000 people set out on a 29.6-mile trek through Quincy, raising \$26,000 to fund two hunger projects. Since then, the Walk has moved up to Boston and has been shortened to the current 20 miles.

The Walk is organized by Project Bread, which funds over 430 community food programs throughout Massachusetts. In 2012, 43,000 people raised \$3.6 million, which supported community-based meal programs, early childhood and school nutrition initiatives and creating better access to fresh, local food resources.

Karen Hahn, DFL children's librarian, said the group of walkers is trying to get as many staff members to join in the Walk for Hunger as they can. Hahn participated in the event last year and said it was a great experience.

"It was very cool last year," she said. "It was a lot of fun and they organize it very nicely so that it loops throughout the city."

Many DFL staff members make a point to live a healthy lifestyle in addition to walking every Monday morning. Carol Jankowski, library director, said she is impressed with the healthy-living attitude of her staff.

"We don't have a single person on staff who smokes," Jankowski said. "Librarians are, by nature, very socially

and culturally aware, but our librarians are also very socially active."

Jankowski, who practices yoga regularly and often walks from the library down to the beach, says she sees many staff members walking around campus on their lunch breaks.

"The staff chooses positive lifestyles and we try to assist the community and make the same lifestyle activities available for the community," she said. "Once it gets into your life, it helps you all day. We love what we do."

The DFL team has a Walk for Hunger page that can be found by visiting [projectbread.org/walk](http://projectbread.org/walk).